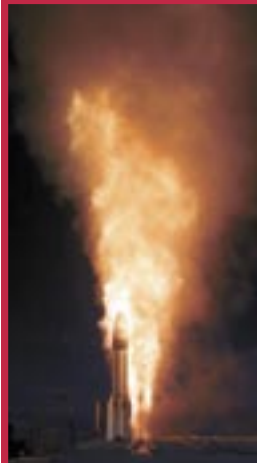


EYE ON THE FLEET PACIFIC



PACIFIC OCEAN (Nov. 1, 2008) - A Standard Missile - 3 (SM-3) is launched from the Pearl Harbor-based guided-missile destroyer USS Paul Hamilton (DDG 60) enroute to an intercept over an open ocean area northwest of Kauai as part of Pacific Blitz 08. The SM-3 successfully collided with a ballistic missile target launched from the Pacific Missile Range Test Facility at Barking Sands, Kauai, Hawaii.

U.S. Navy photo

Flyer

VOL. 19 NO. 37

WWW.NASKW.NAVY.MIL

NAVAL AIR STATION KEY WEST, FLORIDA

Salute nation's veterans at Duval parade Tuesday



Gary Decker, left, and members of Key West's American Legion Post 28 will be participants in the Veterans Day parade Tuesday.

FROM NAS KEY WEST PUBLIC AFFAIRS

Key West will celebrate the 55th observance of Veterans Day with a parade, scheduled to start Tuesday at Duval and Catherine Streets at 4 p.m. The parade will finish at Front and Duval Streets.

Joint Interagency Task Force South Chief of Information Systems Lt. Cmdr. James Young, the parade organizer, said approximately 35 groups will participate in this year's parade. The groups range from military organizations to Cub Scouts to Key West High School's Marching Band.

Americans have celebrated Veterans Day in honor of all past and present military veterans since 1954. Before 1954, Americans called Nov. 11

see **VETERANS DAY** page 4

Marine Corps celebrates 233rd birthday Monday

FROM NAS KEY WEST
PUBLIC AFFAIRS

A Message from Commandant of the Marine Corps Gen. James T. Conway

During the summer of 1982, in the wake of a presidential directive, Marines went ashore at Beirut, Lebanon. Fifteen months later, on Oct. 23, 1983, extremists struck the first major blow against American forces - starting this long war on terrorism. On

that Sunday morning, a suicide bomber drove an explosive-laden

truck into the headquarters of Battalion Landing Team 118, destroying the building and killing 241 Marines and corpsmen.

Extremists have attacked our nation, at home and abroad, numerous times since that fateful day in Beirut. Their aim has always been the same - to kill as many innocent Americans as possible.



see **MARINES** page 4

JAZZING UP ELECTION NIGHT



Members of the Navy Commodores Jazz Ensemble put on a show for the packed house at the Key West High School Center for Performing Arts Tuesday. A specialty unit of the United States Navy Band in Washington, D.C., the group, under the leadership of MUCS Philip M. Burlin, featured 18 of the Navy's top jazz and "big band" musicians, including Yolanda C. Pelzer, an Ella Fitzgerald jazz-style vocalist. The free concert was sponsored by the Key West High School Band Program.

U.S. Navy photo by MC2 Rachel McMarr

inside:

HUGE HONOR: Zumwalt-class destroyer named for Navy Seal **5**

TURF WARS: NAS Key West pigskin pics **8**

HALLOWEEN FIX: Photos from recent celebrations at NAS Key West **10-11**

TOP OF PAGE ONE: NAS Key West Public Affairs Officer Jim Brooks and his dog Brutus are "Vets With Pets" in a past Veterans Day parade on Duval Street.

This Week in Naval History

Nov. 7

1861 - Naval forces under Rear Adm. Samuel F. DuPont capture Port Royal Sound, S.C.

Nov. 8

1942 - Operation Torch (Allied landings in French Northwest Africa). American forces land at Casablanca. French naval forces attack U.S. Navy ships and 13 French ships are sunk without a loss to the U.S.

Nov. 9

1950 - Task Force 77 makes first attack on the Yalu River bridges. In first engagement between MIG-15 and F9F jets, Lt. Cmdr. William T. Amen of VF-111 shoots down a MIG and becomes first Navy pilot to shoot down a jet aircraft.

Nov. 10

1775 - Congress votes to raise two battalions of Continental Marines, establishing the Marine Corps.

Nov. 11

1954 - November 11 designated as Veterans Day to honor veterans of all U.S. wars.

Nov. 12

1912 - Lt Theodore Ellyson makes first successful launching of an airplane (A-3) by catapult at the Washington Navy Yard.

Nov. 13

1942 - Loss of USS Juneau (CL-52) during Battle of Guadalcanal results in loss of five Sullivan Brothers.

**THINK FIRST!
DON'T DRINK & DRIVE
IT'S NOT WORTH THE TIME**

Identifying drug use - Not in my Navy!

The Navy Drug Screening is a Department of Defense-mandated program. The overall mission of the program is to deter illicit drug use among all Naval personnel. Drug testing is vital to the readiness of the Navy.

Random Urinalysis

Random urinalysis of Naval personnel is accomplished on randomly selected days using the Navy Drug Screening Program (NDSP), a DoD-certified computer program. Each command will sample 10 - 20 percent of its assigned personnel monthly.

Sailors are selected on a random basis using NDSP.

Due to the randomness of the computer selection process some Sailors may be selected to provide a sample more times than others.

The urine collection process is the method used for drug testing and strict adherence to chain of custody procedures is required to ensure forensic defensibility of the drug test-

ing results.

Results may be used for UCMJ or administrative actions, including adverse characterizations of administrative discharge.



NAS Key West
Command DAPA

ACC (AW/SW)
Christopher
Jones

Member's Consent

This is used prior to a probable cause or command directed urinalysis test.

Prior to asking the Sailor if he or she will consent to a urinalysis the command representative should advise the Sailor that they may decline to provide a sample. Consent should be obtained in writing.

Commanding officers are not required to give UCMJ Article 31 rights prior to asking for consent, however, evidence that a Sailor was read these rights may be used to help demonstrate the Sailor's consent was voluntary.

Detailed guidance is contained in OPNAVINST 5350.4. In addition to random testing, several tools exist for testing when commanding officers suspect drug use.

Consent is not valid if it is mere acquiescence to authority.

Results may be used for UCMJ action, characterization of discharge and administrative action.

Probable Cause

Probable cause is used when the commanding officer has probable cause to suspect a Sailor has ingested drugs, is intoxicated, or has been involved in a drug related offense.

Commanding officers must directly coordinate with the Staff Judge Advocate's office. The results may be used for UCMJ action, characterization of discharge, and administrative action.

Command Directed

This option is used when the commanding officer, officer in charge, or other officer who has succeeded to command per U.S. Navy Regulations, suspects drug use but does not have a sufficient basis for probable cause. The authority to authorize a command-directed urinalysis may be delegated to an executive officer and or command duty officer.

see DRUG USE page 7

This Week at the FFSC

Resume Writing

Monday, 10 - 11:30 a.m.

The properly constructed resume may make the difference for you in today's highly competitive job market. Why pay hundreds of dollars for something you can do yourself? Learn the "dos and don'ts" of resume writing.

IA Family Luncheon

Wednesday, noon - 1:30 p.m.

Held at the Key West Golf Club on Stock Island

Come and enjoy an afternoon of casual dining and discussion. IAs and their family

members are invited to make connections with others to network and explore some of the unique challenges they face. The golf club has a menu that provides a light fare with prices ranging from approximately \$6 - \$12 per person.

Family Budgeting for the Holidays

Wednesday, 2 - 3:30 p.m.

'Tis the season to spend, spend, spend! With the holidays upon us, many families will face the temptations of consumerism and the resulting indebtedness that often occurs. Come and explore ways to minimize holiday expenses as well as methods to develop an affordable and realistic budget.

Nation's Treasure

Veterans Day is dedicated to honor our not only our fallen veterans but also those who served this nation in their military service.



NAS Key West
Command Master
Chief

CMDCM (SW)
Robert T. Cote

On Tuesday, we will remember those who served and those who died defending the freedom we have

see NATION'S
TREASURE page 3

Southernmost Flyer

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Capt. Steven Holmes

EXECUTIVE OFFICER

Cmdr. Michael Giardino

PUBLIC AFFAIRS OFFICER

James E. Brooks

EDITOR

Trice Denny

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MC2 Rachel McMarr

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Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected.

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Additional copy and photographs provided by the readers of the Southernmost Flyer should be addressed to: Editor, Southernmost Flyer, Public Affairs Office, Naval Air Station, Box 9001, Key West, FL 33040-9001. Copy can also be e-mailed to andrea.denny@navy.mil. Telephone 305-293-2027/2434. DSN 483-2027/2434.

Deadline for all editorial copy is 4 p.m. the Friday preceding publication. All articles must be submitted on disk in text format, written in upper/lower case style. Advertisements are solicited by Cooke Communications and queries concerning such should be directed to: Cooke Communications, 3420 Northside Dr., Key West, FL 33041.

Telephone: 305-292-7777.

Nation's Treasure

continued from page 2

today. Hundreds of military personnel stationed here will muster up and march down Duval Street in the city of Key West's annual Veterans' Day Parade. Keep in mind that the few lost hours of holiday liberty time mean quite a bit more. Hundreds who will stand on the sidewalk watching the parade will surely be reminded of countless veterans, perhaps parents, grandparents, aunts and uncles, who also wore the military uniform with pride and professionalism. For those of us at NAS Key West, remember that we serve in the United States Navy, a proud military organization. We continue a proud lineage for generations of veterans who served before us.

I personally want to thank every military man and women in uniform today and those that have worn the nations' military uniforms and I give you all my most patriotic salute! Thank

you for your service! November is also the month of the Military Family. Chief of Naval Operations Adm. Gary Roughead said in a recent message to the fleet, "Today, the United States Navy, our Sailors, Navy civilians, and Family members, is the most powerful Navy in the world. We ensure maritime freedom that is the basis for global prosperity, and we promote security and stability around the globe. We are committed to preventing war, but are always ready to fight and win. Our Navy's strength is reinforced by the unflagging support our Navy families"

Roughead added, "Throughout the year, and especially this month, I ask all Sailors and Navy civilians to join me in expressing our heartfelt appreciation to our Navy family members. Take time out of your busy schedule and thank your family for their service to our country and for supporting you. We couldn't do the job overseas without our families doing the job here at home!"

-CMC

ID program big hit at ITT Fall Festival

BY MC2 RACHEL MCMARR
Southernmost Flyer

The ITT Fall Festival at Naval Air Station Key West's Sigsbee Park on Oct. 29 was buzzing with families, marking record numbers of attendance and, inside the ITT building, helping to protect children.

Masonic Lodge volunteers took over what was the computer lab in the ITT building, and turned it into a Child Identification Program hub.

The District Masonic Child ID Program was free for kids at the festival and provided parents with a kit of identifying information about their

child that can be used in case of emergency. The program also gave parents and children an opportunity to learn about sexual predators and ways to prevent child abduction.

The program provides parents with a compilation of personal data, such as identification information and DNA, through different processes, said Manny Madruga, director of the Child ID program.

During the first part of the program parents are asked to fill out important information such as height, weight, date of birth, eye and hair color, medical information and even any distinguishing marks, he said.

This is important, he added, because if a child is abducted, it's the quickest way for law enforcement to find the right child.

The second part is a DNA station where the child's cheek is swabbed and after the swab

is sealed it is given to the parents to keep with the Child ID kit in case of abduction.

"It's the best way to verify identity, no matter what the age," said Madruga.

Lastly, the child's fingerprint is digitally scanned, his photo taken and he is recorded speaking on video. All of the information is then burned onto a DVD, given to the parents and discarded from the computers, said Madruga.

"Parents don't have to worry about their child's information being saved," he said, "because the computers won't let the volunteer continue to another child until the previous information has been deleted."

The kit also includes ID cards, an informative book, and a list of Web sites that teach families ways to look for sexual predators and how to

see ID PROGRAM page 4

Naval Air Station

KEY WEST



Meet a Teammate

Job Title: Aviation Ordnanceman

Hometown: Covington, La.

Prior Duty Stations: USS George Washington (CVN 73)

Hobbies: Basketball, football

Most Interesting Experience: Pulling into Japan.



A03 (AW) Gregory Polk

ID program

continued from page 3

avoid them.

“If a family just set up a code word, in case someone different has to pick the child up from school, it would help,” said Madruga. “We’re hoping to bring awareness and prevention into the homes.”

The kit also has an interactive coloring book for young children that shows them different ways predators might try to lure them away and how to say no, he added.

“It’s a good opportunity for children to get questions answered,” said Madruga. “When the kids get home, and ask their parents why they went through this today, it gives them a chance to talk about the dangers of sexual predators and what to do.”

The kit’s original intention, in case of child abduction, is extremely useful, Madruga said, because when people are in traumatic situations, sometimes they become forgetful and freeze up, and that’s where

the kit comes in.

“With kids, historically speaking, time is the most important thing,” he said. “The quicker we can get the Amber Alert out the better. But sometimes people in traumatic situations can’t even remember the height and weight of their child. This kit has it all for them. They just have to hand it to law enforcement.”

NAS Key West Ombudsman Amanda Smith, who had her children go through the Child ID program said she was happy to have the information.

“It’s important to have,” she said, “You never know when you might need it.”

The Child ID program is run through the Masonic Lodges in Miami-Dade and Monroe Counties. Dade Lodge #14 was one of the sponsors for the ITT Fall Festival.

The Masons bring their program to different locations throughout the area. To find out where or for more information go to www.keywestmason.com/child_id.htm.

Balfour Beatty Communities News

Open House Raffle Winners

Congratulations to Justin and Julieanne Sabon who won the raffle for a newly-renovated BBC house on Sigsbee Park. NAS Key West Command Master Chief CMDCM (SW) Robert Cote selected the Sabons from more than 100 entry forms completed during the open house last week.

Satisfaction Survey

It is not too late to send in your CEL Resident Satisfaction Surveys and become a winner! Sealed envelopes can be brought to the Balfour Beatty Community Office and you will be entered in the weekly prize drawings. Monday’s prize giveaway is an outdoor patio set and the prize for Nov. 17 is a gas grill.

Remember to move your grills at least 10 feet away from the house when you are grilling.

Feel free to contact Ellie Cohen with any ideas for events you would like to see happen. (305) 433-0054.

Cooking with Chef Ellie

Grilled Salmon with Orzo Salad

- 1 cucumber peeled, halved, seeded and cut into 1/2-inch dice
- 4 plum tomatoes cut into 1/2-inch dice
- 1 teaspoon salt
- 1/2 pound orzo (rice shaped pasta)
- 1/3 cup olive oil
- 3 1/2 tablespoons lemon juice
- 1/3 cup fresh dill chopped
- Fresh ground black pepper to taste
- 4 6-oz. fillets salmon (1 inch

- thick)
- 1 tablespoon olive oil
- 1 tablespoon fresh dill
- 1/2 lemon, zested

In a strainer over a medium bowl, toss the cucumber, tomatoes, and 1/2 teaspoon of the salt and let drain for 15 minutes. Meanwhile, in a large pot of boiling water, cook the orzo until just done - about 12 minutes. Drain. Rinse with cold water and drain thoroughly. Toss the orzo with 1/3 cup olive oil, 1/4 teaspoon salt, and 1/4 teaspoon pepper. Grill the salmon skin side up for 4 minutes. Turn and sprinkle with the 1 tablespoon dill and the lemon zest. Cook the fish until golden brown and just barely done (the fish should be translucent in the center), about 3 minutes longer. Serve the fish on the salad. Enjoy!

Marines

continued from page 1

The attacks of Sept. 11, 2001, changed our nation forever, and our president has resolved that this nation will not stand idle while murderous terrorists plan their next strike. Marines will continue to take the fight to the enemy - hitting them on their own turf, crushing them when they show themselves, and finding them where they hide.

Only a few Americans choose the dangerous, but necessary, work of fighting our nation’s enemies. When our chapter

of history is written, it will be a saga of a selfless generation of Marines who were willing to stand up and fight for our nation; to defend those who could not defend themselves; to thrive on the hardship and sacrifice expected of an elite warrior class; to march to the sound of the guns; and to ably shoulder the legacy of those Marines who have gone before.

On our 233rd birthday, first remember those who have served and those “angels” who have fallen - our reputation was built on their sacrifices. Remember our families;

they are the unsung heroes whose support and dedication allow us to answer our nation’s call. Finally, to all Marines and Sailors, know that I am proud of you and what you do. Your successes on the battlefield have only added to our illustrious history. Lt. Gen. Victor H. “Brute” Krulak said it best when he wrote,” ... the United States does not need a Marine Corps ... the United States wants a Marine Corps.” Your actions, in Iraq and Afghanistan and across the globe, are at the core of why America loves her Marines.

Happy Birthday, Marines!

Veterans Day

continued from page 1

Armistice Day in commemoration of the armistice that ended fighting in World War I. According to the Department of Veterans Affairs Web site,”...in 1954, after World War II had required the greatest mobilization of soldiers, sailors, Marines and airmen in the Nation’s history; after American forces had fought

aggression in Korea, the 83rd Congress, at the urging of the veterans service organizations, amended the Act of 1938 by striking out the word ‘Armistice’ and inserting in its place the word ‘Veterans.’”

The VA Web site also says, “Veterans Day is a day dedicated to recognizing the men and women who have served in America’s armed forces and to say to them, ‘Thank you for your service.’”

Around the country, many towns and cities honor veterans with parades and ceremonies, but the ceremony held at the Arlington National Cemetery is considered to be the nation’s official ceremony. The 55th Annual National Veterans Day Observance will take place in the National Amphitheater at the cemetery, is sponsored by the U.S. Army Military District of Washington and begins at 11 a.m.

SECNAV names new destroyer

FROM THE DEPARTMENT OF DEFENSE

Secretary of the Navy, Donald C. Winter announced Oct. 29 at a Navy SEAL Warrior Fund Benefit Gala at the Waldorf-Astoria Hotel in New York City, the name of the newest Zumwalt-class Destroyer will be USS Michael Monsoor.

Designated as DDG 1001, the name honors Petty Officer 2nd Class Michael Monsoor, a Navy SEAL who was posthumously awarded the Medal of Honor for his heroic actions in Ramadi, Iraq, Sept. 29, 2006.

Winter discussed the qualities, values and dedication to duty that Navy SEALs exemplify, including the extraordinary acts of Michael Monsoor.

"Tonight I would like to single out one of those heroes from the community of Navy SEALs," Winter said. "Those who served with Michael Monsoor will remember him always as a consummate professional who faced terrorist enemies with aplomb and stoicism."

"The full extent of Michael's courage, gallantry and selfless heroism were revealed on the 29th of September, in Ramadi. When his team was surprised by an enemy grenade, Michael could have escaped and saved himself," Winter said. "But he chose a different path, a path of honor that embodies the way of a Navy SEAL. For having chosen that path, Petty Officer Michael Monsoor joined the ranks of those who have earned our nation's highest distinction, the Medal of Honor."

Winter concluded that Michael Monsoor's heroism and self sacrifice for his teammates and his nation epitomize the Navy's core values and will forever provide prideful admiration for our Sailors.

"Michael Monsoor's name



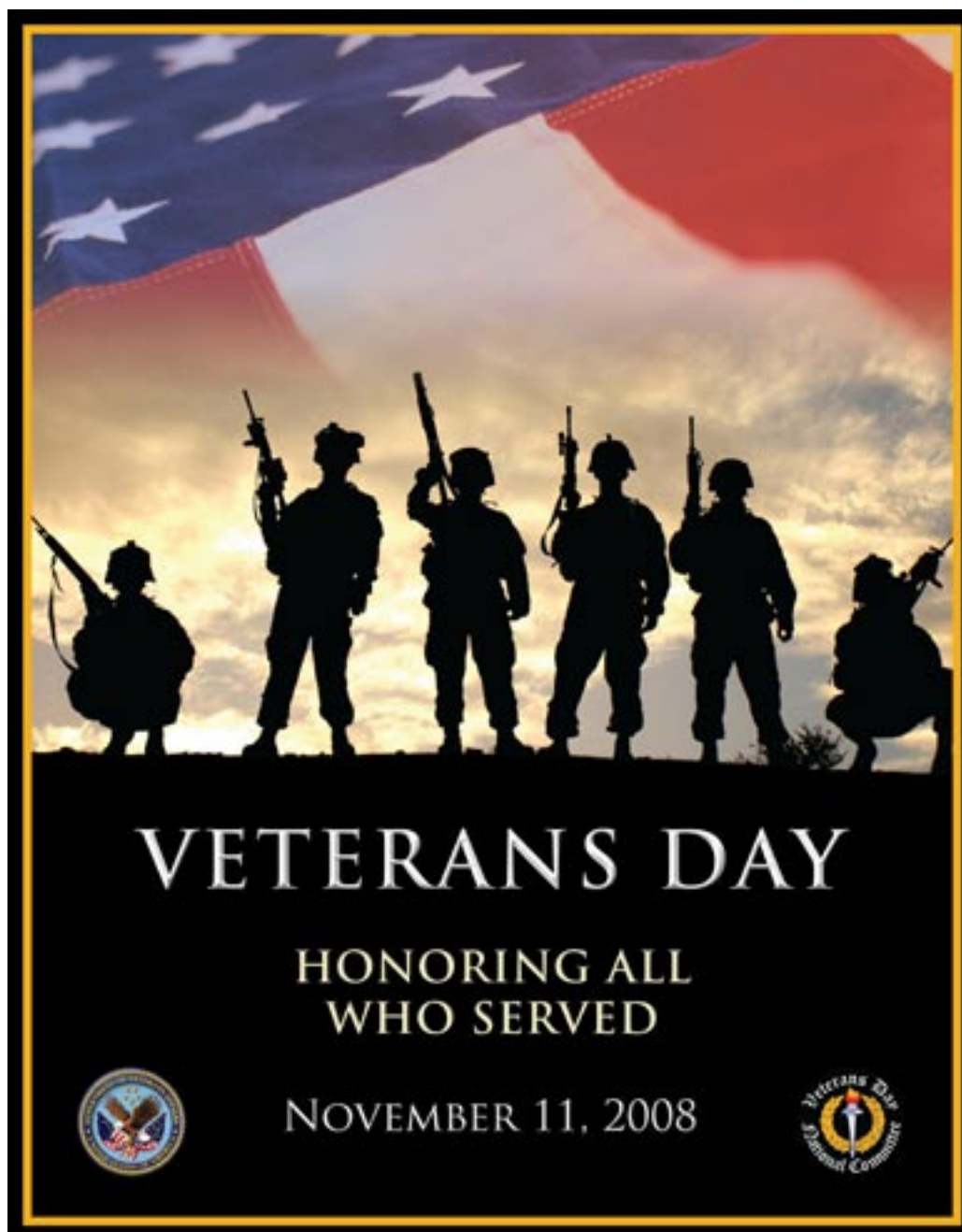
U.S. Navy Illustration by MC2 Jay Chu

Photo illustration commemorating the Medal of Honor presented posthumously to MA2 (SEAL) Michael A. Monsoor.

will now be linked with one of our nation's most visible examples of military power, a U.S. Navy warship," Winter said. "His legacy will inspire the hearts of future Sailors who serve on the ship that bears his name."

The USS Michael Monsoor will be a multi-mission surface combatant tailored for advanced land attack and littoral dominance. The ship's mission is to provide credible, independent forward presence and deterrence and to operate as an integral part of naval, joint or combined maritime forces.

The USS Michael Monsoor will be the second Zumwalt-class destroyer. The ship will be 600 feet in length, have a beam of 80.7 feet and displace approximately 15,000 tons. Michael Monsoor will have a crew size of 148 officers and Sailors; it will make speed in excess of 30 knots.



See you on the Web: naskw.navy.mil

MWR Update

Veterans Day hours

All MWR facilities will be closed Veterans Day except:

- Air Lanes Bowling Center, 11 a.m. - 2 p.m.
- Beach Patio Recreation Center and Beach Patio Fitness Center, normal hours.
- Boca Chica Fitness Center, 10 a.m. - 5 p.m.
- Navigator's Bar and Grill - 11 a.m. - 7 p.m. (bar) and 11 a.m. - 4 p.m. (grill).
- RV Park - camp hosts available.
- Sunset Lounge, normal hours.
- Trumbo Pool, normal hours.
- Vacation Rentals, 8 a.m. - 4 p.m.

Youth Center camping

MWR's Youth Center will be traveling to Bahia Honda National Park Nov. 14 to camp for the night. All participants

are asked to bring a sleeping bag, warm clothes, swimsuits, and minimal snack food. The cost of the event is \$10 which provides all participants with a flour tortilla pizza dinner, late night s'mores, snacks, and a pancake breakfast. Transportation to and from the event is provided by the Youth Center and events include: swimming, camp set-up challenges, scary camp fire stories, late night s'mores, and fishing!

This overnight field trip requires a permission slip which can be found at the center. Youth and Teen Program activities are for youth and teens aged 10 - 18. Youth and teens must be registered at the center to attend. Call Pre-Teen/Teen Coordinator Brent A. Edwards at 293-4437 for more information.

Veterans Day Junior Bowling Tournament

Bring the family out to Air Lanes on Boca Chica Tuesday for a Junior Bowling Tournament from 11 a.m. - 2 p.m. It's only \$6 to join and trophies will be awarded to boys and girls in three

age groups: 10 and under, 11 - 13, and 14 - 17. Come in and sign up anytime during the day and bowl two games. The highest scores will be posted and updated as bowlers finish.

The junior bowler's price of \$6 includes two games of bowling, shoe rental, soda and choice of a slice of pizza or hot dog. Adults can bowl with the juniors for \$1.50 per person/ per game with free shoes.

Thanksgiving Softball Tourney

Registration is now open for the Nov. 22 Thanksgiving Softball Tournament; the deadline is Monday.

All games will be at the Sigsbee softball field - games start at 10 a.m. Active duty, retirees and dependants are eligible.

The tourney has a four-team minimum and eight-team maximum; style and dates are subject to change, based on interest.

Return registrations to the Boca Chica gym or e-mail to Evans.sportsnaskw@yahoo.com. Call 293-2480 for more information.

Trumbo Palms closed

Sunday Brunch at Trumbo Palms is closed until January for kitchen renovations. For more information, call 293-4205.

Liberty Events

Liberty Events are for single and unaccompanied active duty members E-6 and below.

- **Free Movie Night** - "Role Models," Monday.
- **Miami Hurricanes vs. Virginia Tech** - Thursday; \$30, free transportation.
- **Mall Trip to Miami** - Nov. 16. Free transportation.
- **Sunset Cruise** - Nov. 19. Cost \$20; free food and beverages.
- **Don't forget Liberty Nights at Sunset Lounge** every Tuesday at 7 p.m. Relax with friends, enjoy free munchies. Play darts and shoot pool.

For more information, call Emma Harlow at 293-2682 or e-mail emma.harlow@navy.mil.

Auto Skills Center adds motorcycle lift

The Auto Skills Center at Boca Chica has added a motorcycle lift and jack to its tool inventory. A motorcycle wheel balancer is on the way. Call 293-2615 for more information.

Fall Fitness Menu

NOVEMBER 2008

Boca Chica Gym

Mondays

- 7 a.m. - Command Fitness
- 11 a.m. - P90X
- 6 p.m. - Yoga 101

Tuesdays

- 6 a.m. - Cross Fit
- 7 a.m. - Learn To Lift
- 9:15 a.m. - Trek Bike Ride (outdoors)
- 10 a.m. - Butts & Guts
- 11 a.m. - P90X
- 6 p.m. - Open Gym Basketball

Wednesdays

- 7 a.m. - Command Fitness

- 11 a.m. - P90X
- 6 p.m. - Yoga 101

Thursdays

- 6 a.m. - Cross Fit
- 7 a.m. - Learn To Lift
- 9:15 a.m. - Trek Bike Ride (outdoors)
- 10 a.m. - Butts & Guts
- 11 a.m. - P90X
- 6 p.m. - Open Gym Basketball

Fridays

- 6 a.m. - Cross Fit
- 7 a.m. - Command Fitness
- 8 a.m. - Kayak*
- 11 a.m. - P90X

Saturday

- 10 a.m. - Butts & Guts
- 11 a.m. - Yoga 101

**Call 293-2480 to reserve your kayak!*

Sigsbee ITT

Mondays

- 9 a.m. - Strength & Stroll
- 9:30 a.m. - Pilates
- 5 p.m. - Pump

Tuesdays

- 9:30 a.m. - Beginner Butts & Guts
- 4:30 p.m. - Hi/Lo Cardio
- 5:30 p.m. - Mat Pilates

Wednesdays

- 9 a.m. - Strength & Stroll
- 9:30 a.m. - Kickboxing
- 5 p.m. - Pump

Thursdays

- 9:30 a.m. - Beginner Butts & Guts
- 4:30 p.m. - Hi/Lo Cardio
- 5:30 p.m. - Mat Pilates

Fridays

- 9:30 a.m. - Pump
- 5 p.m. - Kickboxing/Pump

Trumbo Pool

Wednesdays

- 10 a.m. - Aqua Fit/Deck Fit

Fridays

- 10 a.m. - Aqua Fit/Deck Fit

If the pool is too cold, class will be on the deck! Bring your sneaks!

November Special Events

Turkey Golf with Prizes: Nov. 21, 11 a.m. Key West Golf Course - Shotgun scramble with a special skills contest.

This Just In...

United Street Gate Openings

Due to heavy congestion in the vicinity of Truman Annex's Southard Street gate associated with the boat races this weekend, the United Street gate is open today until 10 p.m. and Sunday from 8 a.m. - 5 p.m.

The Southard Street Gate will remain open at all times.

Flu Shots at NBHC

Military family members under 18 can get a flu shot at Naval Branch Health Clinic Key West's Immunizations Division. Retirees and their eligible dependants may receive the flu vaccine at the NBHC's Immunizations Division beginning Nov. 17. For more information, contact HM1 Robert Yett at 293-4853.

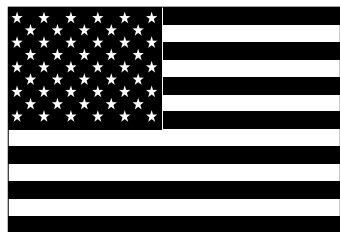
United Street Gate Entry Cards

Residents at Truman Annex are asked to contact MA2 James Lurkins to pick up their access cards for the United Street gate entrance this week. The access cards, which are unique to each resident, will not be active until

the official opening of the gate in the near future. To get your card, call Lurkins at 797-1202 or e-mail james.lurkins@navy.mil.

Fall Festival at Sigsbee Elementary

Volunteers and chili experts are needed Nov. 14 at Sigsbee Elementary to join the Fall Festival the school sponsors each year. The event, from 5:30 - 7:30 p.m. at the school, will feature a chili cook-off, games, a silent auction and more. For more information, call Tricia Bell at 294-1861.



Volunteer Flag Bearers Needed

The Key West Military Affairs Committee is looking for volunteers to carry their state flag during the dedication ceremony of the Vietnam Veterans Traveling Wall visit to Key West Dec. 12 - 15. The wall is returning after its initial visit 10 years ago, and

*the ceremony will take place the morning of Dec. 12 at the Key West High School practice field. Volunteers can be from any of the Armed Services and currently serving as a reservist or on active duty. Those interested in participating in this momentous event should contact Michelle Morgante at 304-9987 or 293-1549 ext. 54331.

Active Duty Spouse Luncheon

Start the holiday season off right by joining fellow spouses of active duty military members at a get-together at the Sigsbee Chapel Dec. 6 from 10 a.m. - noon. Plans are still in the works for the luncheon, so for more information, e-mail Amanda Smith at naskw.ombudsman@yahoo.com or Kathy Garmany at ktgarmany@yahoo.com.

AA Meetings

AA Meetings are now being held on NAS Key West's Boca Chica Field Tuesdays at noon and Fridays at 6 p.m. in the training complex, Bldg. A-515. For more information contact the command DAPA at 293-2328.

Drug use

continued from page 2

Results may be used for administrative action only.

Command directed drug testing is appropriate when the Sailor displays aberrant, bizarre or unlawful behavior.

Self Referral

A Sailor may self refer as a drug user prior to being selected to participate in urinalysis testing (i.e. random testing, voluntary consent testing, probable cause, and command directed testing).

Commanding officers may initiate administrative actions such as discharge, removal from flying, Personal Reliability Program, restricted area badges, etc.

Sailors in the SARP may also

be disciplined under the UCMJ when independent evidence of drug use is obtained.

Unit Sweep

This is the urinalysis of an entire unit, or the selection, random or otherwise, of an entire sub-unit or identifiable segment of the command. Unit sweep of a sub-unit can include an entire department, division or watch section; all personnel within specified pay grades; all newly reporting personnel as they report above; or all personnel who surrender are apprehended after an unauthorized absence.

A command must conduct at least one command sweep annually and can conduct five command sweeps without approval from higher authority.

MWR Update

continued from page 6

Turkey Trot 5k Run/Walk: 10K Run and 1-Mile Fun Run Nov. 22 at 8 a.m. at the Sunset Lounge on Sigsbee Park. Join us for the Annual Turkey Toss and Trot! Pre-registration is encouraged.

Burn the Turkey Kayak Trip: Nov. 29; 10 a.m. at Navigator's Bar and Grill on Boca Chica. Come burn off the extra calories on a great kayak trip around Boca Chica - 14 seats are available. Call to reserve your space today.

Fitness Incentive November: Fit tickets with a Twist! Enter to win a Body by Boca T-shirt.

Drop your name in the box with something you are thankful for.

Thanksgiving Hours

Thanksgiving Day from 8 a.m. - noon. Special Power Butts and Guts with Jill at 9 a.m. at the ITT Recreation Center at Sigsbee Park. Friday after Thanksgiving hours are 9 a.m. - 5 p.m.

Boca Chica Fitness Center

- Weekdays 5:30 a.m. - 9:30 p.m.

- Weekends 9 a.m. - 5 p.m.

For more information call (305) 293-2480 or e-mail ocachicagym@gmail.com.

U.S. Navy photos by MC2 Rachel McMarr



A CG-A.N.T player intercepts the ball.



Nikolas Cane, guard for VFC-111, charges on after getting his flag ripped off.

Competition gets hot

only three more weeks till playoffs



An FRC player taunts OPS before the game.



The C.G.-A.N.T. quarterback looks for an open receiver.
VFC-111 won the game 33-12.



VFC-111 quarterback John Hall
fires the ball down the field.



OPS quarterback James Westbrook gets the ball during the rivalry game between OPS and FRC Oct. 29 at Sigsbee Park. FRC went on to win the game 12-8.

Bet you didn't know this...

FROM NCLC KEY WEST

Plato Learning is right here in your own back yard - Naval Air Station Key West. This reputable education provider is a world-wide corporation with years of expertise in providing for the academic needs of persons who contemplate enrollment in college or are already in their programs.

Plato, Inc. has partnered with the U.S. Navy and other branches of the service to provide self-instructional, computer-based programs via the

Department of Defense and in full support of the Chief of Naval Operations. The program is offered through the Navy College at Boca Chica Field and is entirely cost-free to active and retired military and their adult family members and dependents over the age of 18. The Navy College Learning Center (NCLC) offers curricula in reading, writing, mathematics, science, social studies and life/job skills.

The program consists of more than 6,000 hours of objective-based, problem-solving courseware plus assessment, alignment and curriculum management tools.

Enrollment into the program is on a walk-basis Monday

through Thursday from 9 a.m. - 6 p.m. and Fridays from 9 a.m. - 1 p.m. Registration time is about an hour and includes a brief demonstration of how to run the system. Following a pre-test using the Test of Adult Basic Education and a computer-based Assessment Test, the student is assigned an account which he or she can access as needed.

A 52-hour pre-ASVAB preparation class is available for Sailors needing to re-take the exam to improve their scores. NCLC also offers preparation modules for those who are scheduling CLEP and DANTES exemption exams. First-time college enrollment students will also benefit by the math-

ematics and language arts components to better prepare them for college success.

Full command support is essential for the troops at NAS Key West to benefit from these offerings. Such support comes in the form of referrals from the command career counselor and the counselor's staff. Additionally, request chits must be approved for temporary duty orders, which will allow individuals to access the program. The command master chief is a key player in the promotion and success of this valuable and unique resource. NAS supervisors are front line players in encouraging and providing for flexible work scheduling.

NCLC has been operative since 2005 and is currently on an extended six-month contract through June 2009. Without greater support and an increase in usage figures, the resource will be lost to the troops here forever. Inability to access the resource is a major cause of the reduced usage percentages. NCLC staff members hope that a greater number of requests to attend the courses will be approved within the next few months. A better-educated Sailor is more valuable to Navy.

Contact the office at 295-6162 or via e-mail at keywestnclc@Plato.com. NCLC is located in Bldg. A718 next to the gym on Boca Chica.

NAS Classifieds

MOTOR VEHICLES/RVS

1999 Harley Davidson Heritage Soft Tail Springer. Low mileage, under 40,000. Evolution motor bags, windshield, fringe, white walls, fishtails and lots of chrome. Motor and exhaust is all stock. \$13,000 firm. Call Billie at (305) 797-4430.

2006 Scion XA, 32MPG city/37MPG hwy, one owner, only 23K miles, 5-speed, new tires, Salsa Red Pearl, under original basic warranty until February 2009 or 36K miles, and power train warranty until Feb. 11 or 60K miles. CD/MP3 player with auxiliary port, \$10,500 OBO. Call Mike at (305) 295-7335 or (757) 635-0391.

1996 GEO Metro LSI. Two-door hatchback, brown with gray interior. Automatic, A/C. manual windows and locks. Good condition throughout. Only 24k actual miles. \$2,900 OBO. Call Jamie at (305) 294-1409.

2007 37-ft. Keystone Raptor. Fifth wheel hitch included, triple slide, rear ramp door with spring assist, 12-ft. cargo toy parking space, entertainment, center storage, separate door to living area, large booth dinette, double kitchen sink, island counter top, three-burner range, refrigerator, pantry, lavatory, shower, front queen bed, 5.5 ONAN generator, fuel station, queen bed over cargo area, second A/C in master bedroom, skylight, outside shower, water heater, hardwood flooring, 1800-watt converter, solar charger, outside entertainment center. Call Kenny at (305) 923-4962 or (305) 872-5436.

2005 Dodge Ram 1500 4.7L V8 SLT. Sport appearance, single cab, 6-speed/exhaust/intake system for better mpg, tow package, bed liner, Tonneau bed cover, sliding rear window, P/W, P/L, remote keyless entry, new CD player/subwoofer/amp, one owner, only 32K mi., still under 7-year 70K-mile warranty. \$9,500 OBO. Call (305) 849-0779.

2004 Nissan Titan SE crew cab in excellent condition, 48K miles, power windows, power locks, power driver's seat, tow package, extended towing mirrors, off-road package, spray-on bed liner, bed cover, cruise control, 6-disk CD changer and other extras. Selling because I am transferring and I am only allowed one vehicle. Selling it for what I owe - \$14,999. Call Jorge at (305) 395-1728.

1998 Z-71 Chevy. Extended cab, short bed, 4x4 truck with bed liner, Viper alarm system, electric locks and windows, CD

player. Runs and looks great. Call John at (305) 923-1999.

2004 Kawasaki Ninja ZX6R 636. FMF exhaust, Vortex frame sliders, Dynojet Power Commander III USB, integrated headlight and brake light turn signals. \$4,000. Call John at (305) 923-1999.

BOATS & ACCESSORIES

2002 Key West boat, 1720 dual console with 2003 90hp Mercury outboard and performance trailer. \$5,500 OBO. (305) 942-1600.

2004 20' Penn Craft 196 SUV C/C. This boat is in excellent condition and well maintained. 2004 Suzuki DF140 4-stroke EFI O/B engine, Bimini top, 2006c Garmin Chart Plotter with depth/fish finder, VHF radio, CD radio with two speakers, live well, manual down rigger, Baystar power steering system, ice box, tackle box storage, swimming platform and 60 gal. fuel tank. Includes 2004 Magic Tilt trailer and many more extras. Great all-around boat, selling because it's time to transfer. NADA price is \$21,000, selling for \$16,500 OBO. Call Jorge at (305) 395-1728.

MISCELLANEOUS

Dell laptop, black, brand new, used once for a class, never used again. Comes with power cord and loaded with Window's Vista - no Microsoft Office package. \$500 OBO, call Rachel for more information or picture (412) 706-0181.

Dog outdoor kennel, just like new. 6 ft. wide x 10 ft. long x 6 ft. high. Retail \$250, asking \$125 OBO. Call (305) 849-0779.

Used bike. Call Jack at 292-0702.

FOR RENT

2/1 trailer at MM 10.5. Gated community with pool, marina, Laundromat. No pets. \$850 monthly. (305) 292-3356.

2/1.5. Two blocks from Duval. Great Location. \$1,775 F/L/S, leave message with e-mail address, will send pictures. (210) 601-1933.

3/2.5 KWGC. Unfurnished home in lovely Sanctuary of the Golf Course. Large carport with storage and shed. Community swimming pools, gym facilities, near military bases, commissary, NEX and airport. Lease required. \$2,500/month plus utilities. Call (305) 744-0229 or (443) 621-6274.

2/2 Salt Ponds view. Sparkling white 3rd floor unit, very private, pool, hot

tub, tennis, all appliances, good view, covered parking, extra storage. Sorry, no pets. \$1,500 - \$1,600. (305) 295-0162

2/1 Key West house for rent, huge walk in closet, all new appliances including W/D, central A/C, fenced yard, lots of parking. Utilities included (\$300 limit on electricity), plus cable and yard maintenance. All you have to do is move in, I pay utility and cable bills, mow the grass and weed the flower beds. It can't get any easier than that! Pets are negotiable. \$2,500/month, F/S required to move in. Call Becky at (305) 797-0155.

2/2.5 Key West townhouse in New Town, close to shopping and movie theater. Plenty of private parking in a carport, elevated and never had flood damage. Newer carpet, tile, oven, fridge, W/D. Pool and playground area in complex. \$1850/month, possible military discount. Great for roommate situation with two full baths. Available Dec. 15, Call (619) 829-4739.

HELP WANTED

Key West Orthopedics is looking for an experienced Florida licensed physical therapist assistant, Spanish speaking a plus. Please call 295-9797, or fax your resume to 295-9796.

Key West Orthopedics is looking for an experienced medical insurance verifier. Must have strong people skills and medical/insurance background. Applicants must be courteous, upbeat, able to work in a busy medical practice and willing to go the extra step in helping patients. Spanish speaking a plus. Call 295-9797 or fax your resume to 295-9796.

OPPORTUNITIES

The Morale, Welfare and Recreation Department at Naval Air Station Key West is seeking cash sponsors for the upcoming Winter Fest at Sigsbee's Youth Center. The family event is open to active duty military personnel and their families, retirees, Coast Guard, DoD civilians and DoD contractors. The cash sponsorship will be used to support the event, which attracted more than 500 in 2007; in return, sponsors are given promotional visibility in base publications and at the event. For more information, please call MWR Marketing/Outreach Coordinator Jolene Scholl at (305) 293-2503.

SERVICES

Writing services. Internationally pub-

lished freelance writer can help you write the perfect piece. Need help with a technical piece, language tutoring, or editing? In addition to general writing, I do medical, wellness and children's writing. Please contact Sandy Kaster at (305) 292-1558 or (813) 470-0222 or pkaster@hotmail.com.

Jan's Tan - Professional airbrush sunless tanning. 15 minutes is all you need to sport a great, safe tan. No harmful UV rays, no burns, no orange. Holiday special: three tans for \$50. Lash Call! Exceptional semi-permanent eye lash enhancement/extensions. Applied lash-to-lash. Call Janet Cates, Master Certified Specialist at (305) 304-4212. Free consultation.

No time to clean? Housecleaning services now available for weekends and weekdays from 2 p.m. on. Base access, reliable. Call Carmen at (321) 297-1215.

Do you need someone you can trust to clean your house or walk your dog? If so, call Thaksana at (248) 802-9342 or e-mail thaksanalee31@gmail.com.

Balikkayan boxes to the Philippines. Via FOREX Cargo. Weekly Key West pickup with fastest delivery time anywhere in P.I. For more details or to schedule a pickup, call Ronnie at (504) 912-7081.

Military seamstress services for minor alterations and sewing of your military uniforms. For more information or to make an appointment, please call Dawn at 304-0624.

Miraculous Miriam can clean your entire house and take care of the yard too. Specializes in cleaning carpets, tile floors, yard maintenance, tropical landscaping. Call Miriam or Daniel at 393-0439. Se habla Español.

Pampered Chef or Tupperware consultant/manager looking to have a party with you and your friends. Combined or separate show. Great deals for the summer for hosts. Looking to add new consultants to our team. Need a flexible job over the summer? Call me. Mention this ad and get an extra gift at your show. Vicky Dudley 294-3828 or 942-6504.

Lisa Huber - Pure Romance Consultant #22557. Serving the Florida Keys. Find out why I've fallen in love with Pure Romance. Call 296-7605 or (843) 325-7161. E-mail: lisahuber@pureromance.com. Shop from the comfort and confidentiality of your home at: lisahuber.pureromance.com.

pureromance.com.

DaFloProductions Mobile DJ Entertainment. Providing strictly the hits for your dancing crave since 1989. Mobile DJ service for all occasions with state-of-the-art sound and lighting effects. Satisfaction guaranteed! Se habla Español. For more information and bookings call 872-4322, or e-mail: dafloproductions@yahoo.com.

Kathy Brown's Cleaning Service. Maid service, made easy. Need a little or a lot of extra help around the house? We can help you get it clean. Have available openings for Truman, Trumbo, Peary Court and Sigsbee. Weekly or bi-weekly rates. Call 304-2008.

Your Way Hairstyles. Curls, braids, twists up or down. Weddings, proms, homecoming or a night on the town. Will come to you. Call Amanda for appointment at 896-0325.

Herbalife. Want to lose or gain weight, add more muscle and gain an extra energy boost or just simply get healthy? Contact Ivan to show you how. Call 294-3571.

Want to Accelerate Your Life? Interested in joining the Navy or Naval Reserves? Just want to know more? Call BM2 (SW) Shaun Mechalske at 293-2934 or stop by the recruiting office at 1805 Staples Avenue - behind AutoZone.

Alterations by Ann. We handle all military uniforms and civilian clothes. Dry cleaning service also available. Stop by at 3201 Flagler or call 292-1112.

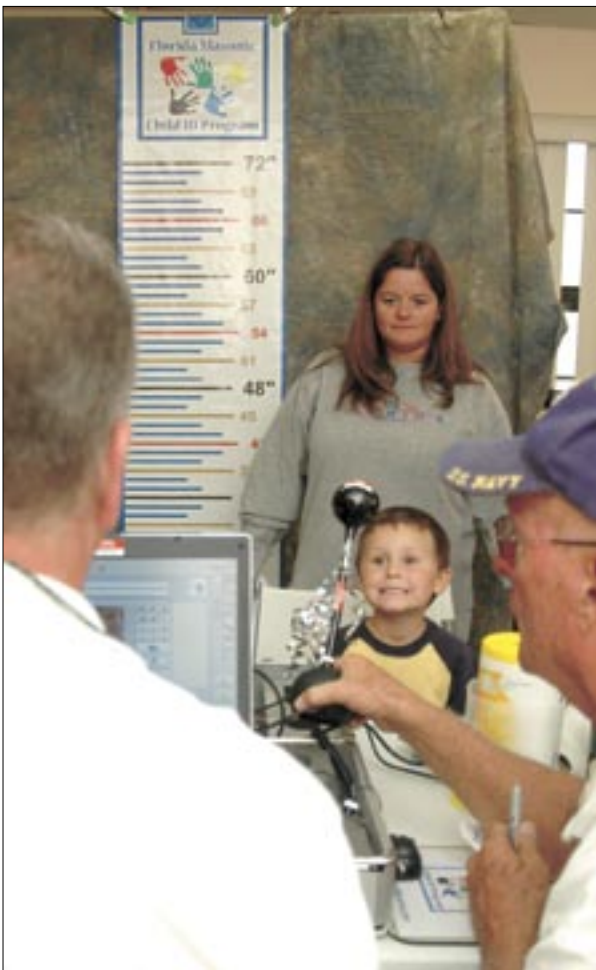
Key West Tupperware Consultant. For a catalog or if you are interested in having a party, please contact Lamita Davidson at (361) 219-8203 or visit my Web site at www.my2.tupperware.com/lamitadavidson.

NAS KEY WEST CLASSIFIEDS are free for active-duty and retired personnel, their families and civilian base employees only. Deadline for submissions is noon the Tuesday prior to that Friday's issue. Make submissions to the NAS Key West Public Affairs Office by e-mail, rachel.mcmarr@navy.mil; mail, P.O. Box 9001, Key West, FL 33040-9001; or fax submissions to 293-2627. Unless otherwise directed, ads will run for four issues. Name and phone number must accompany all requests in order for them to be considered for publication. For more information, call 293-2434.

Flyer Halloween Picture Page



From left: Amiya, 4, Nick, 5, Faith, 5 and Billy, 2, show off their pumpkins at the ITT 7th Annual Fall Festival Wednesday at ITT on Sigsbee Park. The festival, which drew more than 325 people, featured pumpkin decorating, face painting, food, and the Masonic Lodge Child ID program.



A child smiles as his photo is taken for the Florida Mason Child ID program. Learn more about the program on page 3.

Happy Halloween at ITT

STORY AND PHOTOS BY MC2 RACHEL McMARR

The 7th Annual ITT Fall Festival Oct. 29 at Sigsbee Park's ITT drew a crowd of more than 325 people. The event featured pumpkin decoration, face painting, food, a piñata and the Florida Masons Child ID Program. The festival was a success, said Jolene Scholl, MWR marketing/outreach coordinator, because of the sponsors: Waterfront Market, Florida Masons, Key West Firefighters Association and Publix.



A child swings at the piñata as other piñata-breaking-hopefuls line up behind him.



A festival-goer looks at her face-paint.



Bree, 1, paints her pumpkin.



Wolf Walk - something to bark about

PHOTOS BY MC2 RACHEL MCMARR

Faith and Billy Smith were out again for the Wolf Walk and took 1st place in the costume contest that was held at Gilmore Circle on Sigsbee Park Oct. 30.



Charlotte and Wilbur took 2nd in the inaugural walk.



A devil dog and his owner walk to get their 3rd place prize from Naval Air Station Key West Commanding Officer Capt. Steve Holmes. Holmes and his wife, Jeannine, judged the costume contest.



A pug licks her lips while looking at the treats donated from local vets.



Two dogs play together during the walk around Gilmore Circle.